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EMPOWERMENT



### PURE Talk Radio

Archives Available

#### September 10th 2013: Experience Yourself by Following Your Heart

Inspired thoughts, creative ideas, and guidance from your Soul; it may have you shifting your way of life or even turning in an unexpected and new direction. It feels exciting; you feel ignited with purpose and have new found vision. It is your calling and although it is fulfilling a passion deep within you, it can have you squirming with fear, trepidation and uncertainty. Following your heart with blind Faith is not always as easy but you are sure to Experience Yourself and your life in a whole new way! Join Bonnie Wirth on PURE Talk Radio as she welcomes back Pamela Cushman and Shondra and I

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### Featured Guests



#### Pamela Cushman

Pamela Cushman is a Holistic Life Coach with a passion to help people remember who they are! Her education includes a Master's degree in Psychology, certification as a Toe Reader, Life Coach, Hypnotherapist, and a Reiki Master/Teacher. Her unique style combines the scientific aspects of how the mind works coupled with the metaphysical options for healing. Her specialty is working with women in transition. Her goal is to help provide insights and tools that will help a person move beyond old, limiting beliefs, and behaviors. Teaching is a natural passion for Pamela. She has devoted her life to finding ways to bring enlightening information for practical use. Pamela lives in Fairfax, VA US

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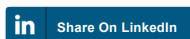


#### Shondra

Shondra is a professional singer, songwriter, arranger, musician actor, writer and producer with 35+ years of recording and stage experience.

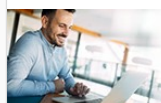
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